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2003 OCNA AWARDS
2004 OCNA AWARDS

Tuesday, October 5, 2004
Vol. 121 No. 42
\$1 including GST

How sweet it is

Maple syrup
producers win
assessment
battle

SHERYL LOUCKS

Staff Reporter

Maple syrup production is once again being recognized as an agricultural instead of an industrial process by the provincial government.

The Ontario Municipal Property Assessment Corporation had started assessing maple syrup lands as industrial for the 2004 taxation year. For maple syrup producers such as Connie Danielsen that meant a 1,500 per cent increase on their operation equalling a tax increase of more than \$500.

Her husband Peter Kennedy represents the fifth generation of his family to produce maple syrup, and is also the local representative for the Ontario Maple Syrup Association. His operation is in Milford but his region encompasses Haliburton.

Danielsen says they had never had any changes or even a suggestion of tax class changes in the entire family's history of the operation. She says the government decided to rule that collecting the sap was an agricultural process but boiling it down into sap was an industrial process.

Unfortunately no one collects sap and sells it to someone else to boil down into syrup. The reduction of water that occurs in the boiling process is what

See **Assessment** page 4



DARREN LUM/ECHO

You can never have too many shoes

Charles O'Neill's sense of humour was on display during the weekend's Studio Tour. His wire sculpture of a high-heeled shoe was one of the temptations for the hundreds of people who travelled the county's roads during the tour. More photos on Page 3.

Missing Niagara Falls man drowns in Pine Lake

The body of a 52-year-old man who was reported missing on September 25 was discovered

Sunday in Gooderham's Pine Lake.

Josef Benduski from Niagara

Falls was last seen working at a cottage on Pine Lake on Sept. 22.

See **Police** page 2

School board worries about declining numbers

What began with grim news about declining enrollment ended on a positive note as Director of Education David Hill shared strategies that could be used to help maintain current enrollment in Trillium Lakelands District schools.

At last Tuesday's board meeting the director took trustees through a presentation that offered a glimpse of the declining enrollment concern for the board.

The disturbing trend has already started to affect Trillium Lakelands schools. So far this year there are approximately 400 fewer elementary students than last year and approximately 100 fewer in the secondary panel. Projections show that this trend will continue through 2008. Although the secondary schools will enjoy a smaller decrease over the next few years, this will change when the larger decline currently in the elementary panel moves into secondary schools.

"This certainly gives us a lot of food for thought," said board chairman Bob Orr. "We appreciate the director sharing his thoughts on where we need to go in terms of keeping our enrollment healthy."

Director Hill emphasized to trustees that the Trillium Lakelands area is losing young people in the 20 to 34 age group. "The area covered by the board's jurisdiction is quite attractive to retirees," he said. "Unfortunately people in the retirement years will not have an impact on our student popu-

See **School board** page 20

castle
building centres

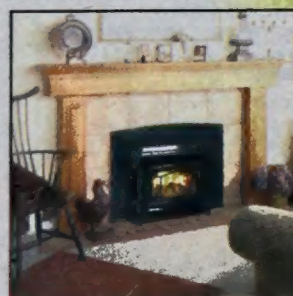
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ATV accident victim still in critical condition

In updates to two stories in last week's *Echo*, 32-year-old Glenn Fincham continues to be in critical condition as he recovers from massive head injuries sustained in an ATV accident on Kennisis Lake Road on Sept. 25.

He remains in an induced coma and surgeons at St. Michael's health centre in Toronto operated on his brain last week. The full extent of the long-term damages is not yet known.

Fincham was riding an ATV and pulling a snowmobile trailer when he hit a bump. The trailer hitch was dislodged and flew up and struck him at the back of the head. He then sustained more injuries after the impact forced him onto the road.

Meanwhile, Dysart Fire Chief Miles Maughan says he has not been able to determine the cause of the forest fire near the Domain of Killien last Monday. However, he believes someone may have had a shoreline campfire that was not properly extinguished.

Four hectares of forest burned. One firefighter was treated for smoke inhalation at the Haliburton Hospital but he was back to work the next day.

Police believe canoe overturned

from page 1

When he was reported missing the City of Kawartha Lakes/Haliburton Crime Unit assisted officers from the Haliburton Highlands Detachment of the Ontario Provincial Police in their search for Benduski. The OPP emergency response team, canine units, OPP helicopter and OPP underwater search and rescue unit were also deployed.

Unfortunately the OPP were unsuccessful in discovering Benduski, who remained missing for 12 days until his body was reported on Oct. 3. The police report says it is believed Benduski went out onto Pine Lake in a canoe which subsequently overturned. He was not wearing a life jacket at the time.

A post mortem conducted yesterday determined the cause of death was consistent with drowning.



MARTHA PERKINS/ECHO

This won't hurt a bit

Maggie the chihuahua gets his rabies shot from Dr. Laurie Brown at Saturday's low-cost clinic at the Haliburton fire hall. Maggie's owner Jenna Feero said Maggie was a lot braver this year; Jenna was more nervous than Maggie was but both survived the experience just fine.



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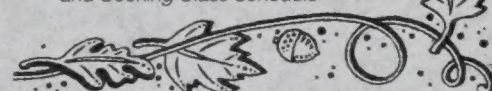
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Highland studios shine



The 17th annual Haliburton Highlands Studio Tour was a well attended event despite the rain on Saturday according to participating artisans. The event continues on Thanksgiving weekend (Saturday and Sunday).

(clockwise from above) **Above:** The tools used by Judy Breau are displayed with an example of her work. Breau's work uses mosaics.

Top right: Faye Wilkinson, far right, explains the benefits of soy silk (a byproduct of tofu) to studio goers. Wilkinson works with mixed media.

Right: Eleven-month-old Kate Hutchison, wearing a knit hat, and father Kirk are surrounded by the work of Rose Pearson (including the hat). Hutchinsons are cottagers in the area. Pearson sold several paintings.

Bottom: Kevin Dunlop, far right, speaks with studio goers inside his old workshop. Dunlop does woodworking in marquetry and fine furniture.

Bottom right: Wilkinson's work in progress was on display.



Photos by Darren Lum

Assessment change would have put maple syrup producers out of business

from page 1

MPAC and the Ministry of Finance had decided was industrial, yet syrup operators argued that the same could be said for the drying of corn and other produce.

Local maple syrup producer Godfrey Tyler and his wife Jean say enough red flags were put up that the government took a second look and changed the definition. The Tylers are very pleased with the reversal of the industrial definition.

The Assessment Act now says the processing of maple syrup into any pure maple product such as syrup, maple sugar, maple butter or maple taffy will be included in the farm property class as long as that least 50 per cent of the sap processed has been tapped from trees on land-owned or leased by the farmer.

Jean Tyler says it is her understanding that if a farmer is using the sap to produce other maple products then it will still be considered an industry which in her mind is fair.

Brian Menton, another small local producer, says the assessment change would have put him out of business. He says it makes no sense when you only operate a couple of days a year to be taxed the same way as an industrial manufacturing plant that operates five to seven days a week year round.

"We have 200 to 300 taps. We're a little niche but [the proposed tax increase] would have killed us," says Menton.

Danielsen agrees that it is good news the tax class was reverted back to agricultural but she is frustrated by the slow process. They received their new tax bill for 2004 last fall. The Ontario Maple Syrup Association negotiated the repeal last spring but the announcement came only last week. She is hoping they will not be taxed again at the higher rate while waiting to get their money back from this year.



DARREN LUM/ECHO

Outdoor education

Kevin Hilderly's Grade 10 science class is collecting samples from the shoreline of Head Lake and will be viewing the samples under microscope for later study over the next few weeks.

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MNR to review provincial park laws

Development and industrial practices may come to an end

SHERYL LOUCKS

Staff Reporter

Development and industrial practices in provincial parks may come to an end as the Ministry of Natural Resources undergoes a review of legislation governing parks, conservation reserves and wildlife areas for the first time in 50 years.

Premier Dalton McGuinty made headlines recently for keeping one of the promises he made while in opposition – to initiate a full public review of the Ontario Provincial Parks Act. In a press release, natural resources minister David Ramsay says Ontarians want their natural heritage protected. Ramsay says modernizing the legislation will be the best way to ensure parks and protected areas are preserved.

The Provincial Parks Act has not been reviewed since 1954 when there were only eight provincial parks. Now there are 316 parks, 249 conservation reserves and 10 wilderness areas. Ontario's parks have more than 10 million visitors a year.

There are pieces of three large provincial parks in Haliburton County: Queen Elizabeth II Wildlands Provincial Park in the former township of Lutterworth, Algonquin Park in the northern end of the county, and Silent Lake Provincial Park in the southern end of the former Cardiff township. There are two conservation reserves in

the Frost Centre Area, the Dawson Ponds Plastic Lake Conservation Reserve and the Clear Lake Conservation Reserve. The county also touches on the Oxtongue River Ragged Falls Provincial Park and the Dividing Lake Provincial Nature Reserve Park in the north.

The MNR will be reviewing the Provincial Parks Act, the Conservation Reserves Regulation under the Public Lands Act and the Wilderness Area Act. The government is looking for public input at nine open houses, the closest will be held in Huntsville. People will also be able to comment on the on-line Environmental Bill of Rights Registry by entering registry number AB04E6001. The website is www.ene.gov.on.ca.

Evan Ferrari, director of the Wildlands League Parks and Protected Area program, says they are ecstatic about the announced review. He says the current legislation is lacking key protective measures to preserve the environment. Currently there is mining in 23 provincial parks, logging in Algonquin and development in parks.

Ferrari says the Wildlands League is lobbying for legislation to prioritize ecological protection as the core function of provincial parks and ensure that ecosystems are healthy and kept intact. They want to see industrial uses prohibited by law.

What may prove to be an interesting point for Haliburton is Ferrari's work

to see that boundaries are permanently protected. The 24,000 hectares of Crown land in the Frost Centre Area have no specific protection but the two reserves inside it do. He said this process may be an opportunity to talk about stretching the boundaries of those reserves to cover more of the Frost Centre Area.

Ferrari says they also want to see legislation that encourages long-term planning and park managers to be supplied with resources needed to keep parks healthy.

"The insidious issue is roads and motorized uses, snowmobiles, ATVs, including water motorized access. The impact is greater than just a strip of

land. Roads create avenues for invasive species and bring people who can hunt and fish and pollute an area," says Ferrari.

Bill Hutson, MNR Minden area supervisor, says his staff will not be participating in the review. He says there has been talk in the past of turning the Frost Centre Area into a provincial park but he did not know if this would be an opportunity or not to once again suggest the idea.

Perma-Frost committee members were not aware of the announcement of the review, but member Carolyn Coburn says the review sounds interesting and may be something the committee looks into.

Accommodation, food service trade show coming to Minden

If you run a restaurant, manage an inn, resort, motel or campground, you won't want to miss the special Accommodation and Food Service Trade Show at the Minden Community Centre, Monday, November 1st.

The trade show is a part of Ontario's Federation of Bed and Breakfast Accommodation's annual general meeting but has been purposely expanded to be of interest and value to the entire accommodation and food service indus-

try in the county.

Approximately 25 vendors will feature a wide range of products and services. Among them: water purification equipment, environmentally-friendly cleaning products, restaurant equipment, insurance, marketing, food and beverage products, and much more.

The show is open to this wider community from 10 a.m. to 3 p.m. Admission is \$5. For information call Sally Moore at 286-4922.

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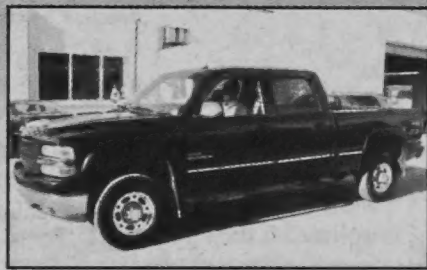
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Educating times

For the people of Haliburton it may seem perfectly natural to walk into the new Sir Sandford Fleming College campus in Glebe Park. After all, since the college's arts programs have been such a mainstay of the community's life it is only fitting that we now have a campus that has proper studios for arts instruction – big, open, spacious studios, not do-the-best-with-what-you-have studios. The interior of the building is the most striking; by design it's as if you've entered a world of creativity.

However, when listening to the speeches at the campus's official opening on Friday you realize just how lucky we are. We truly are blessed to have such a one-of-a-kind facility in our midst and we'd be foolish to take its presence for granted.

First came the dream to turn Haliburton into the "Banff of the East." A few courses were held, and then a few more.

echo

editorial

martha perkins

Then Fleming College took it over and the School of the Arts blossomed. This year there were more than 3,500 students in arts courses lasting from a weekend to three months.

Along the way the college bought the old high school in Haliburton and turned it into a year-round campus. Programs in such areas as computers, horticulture, logging and eco-tourism were added to the roster. As the course list grew, so did the demands on the campus and staff had to become highly innovative in finding space.

Luckily, the community also had some dreamers. There's Barb Bolin, the dynamo campus principal whose enthusiasm and energy is infectious. MPP Chris Hodgson learned from his father, Doug, of the social and economic importance of the campus. As a cabinet minister, Chris Hodgson was able to convince his colleagues to include economic development as one of the criteria for capital expansion funding. On board from day one were Fleming president Brian Desbiens, whose own good humour is legendary, and Dysart et al Reeve Murray Fearrey who promised community support in the form of serviced land. Of course there were many other players but those four really made the dream gel.

No other community in Ontario can boast of such a campus; you'd be hard pressed to find another like it in all of Canada, especially in such a small community. We have to recognize how lucky we are that Barb Bolin, Chris Hodgson, Brian Desbiens and Murray Fearrey are true believers.

Meanwhile, the Trillium Lakelands District School Board is facing the opposite problem. With declining enrollment, the board's small schools are at risk and administrators and trustees are grappling with ways to fill those classrooms with new students.

Families are smaller now and the population blip created by the "echo" generation – children of the baby boomers – is waning.

It's unlikely that young couples will feel they have to do their bit for the school system by having more children. The board feels it must do a better job in attracting young families to move to Victoria County, Haliburton County and Muskoka. But there's a major problem: in "cottage country" areas such as Haliburton and Muskoka it's becoming harder to find affordable housing. Housing prices are more in line with people who can sell their house in Toronto and retire to the Highlands rather than with young people who are trying to find good-paying jobs in an area with a small industrial and professional base.

The best thing we have going for us is lifestyle. No commutes along the 401 to work. Wonderful small schools and a neighbourly community. Skiing, skating and snowmobiling in the winter, boating, swimming and cycling in the summer. Hey, who wouldn't want to live here?



Moonrise over an Algonquin Park lake

Photo by DARREN LUM/ECHO

Unhealthy confusion

Health matters. No question about that. Next to the weather I suspect that it is the most talked about and grumbled about subjects in Canadian society. We seem mesmerized by all the things that can and do go wrong. If an extra-terrestrial being listened in as we discussed the future of our medical setup, what an impression we would create and how puzzled the alien would be if it then tuned in to other countries.

Take our neighbour to the south, for example. Anyone who has interacted with their private system will be aware, at the very least, of the pain to the pocket book. Doctors there have different headaches from physicians who practise medicine in our country but, if anything, problems in the U.S. are more severe. At the time of the Rwandan crisis, I was visiting an old friend in California, a medical doctor who had been associate dean of a large teaching hospital and was still intimately involved in his profession as an advisor. I mention this to put his startling comments into context.

I noted that doctors here were leaving this system in order to work in the U.S.A. He was astonished and replied, "Are they crazy? They would have a better life in Rwanda!" Taken aback, I questioned him further. He told me that the monetary gains may seem better to an outsider, but the overhead is crippling because of the extra staff needed to handle all the paper work concerning insurance claims, government programs, and so on. The competitive aspect, too, is quite ferocious, especially in larger centres. "We have become a typical big business industry here," he commented "with all its warts." Later he sent me reams of published papers so that I might write an article for the Canadian Medical Journal in order to help doctors here remove their blinders when looking south.

If this being from some other planet I mentioned above, tuned in to Britain with its combination of public and private systems, the conclusion might be that the British system is actually worse than ours.

According to a nurse from Britain who has practised in both places and was interviewed on CBC radio, the waiting times, at least in the public sector, are far longer than here. The benefits go to those with the ability to pay.

Our reasoning for partial privatization would mystify that alien. We seem to think that, if we added private to our functioning but less than perfect public system, we would suddenly eliminate waiting times for non-critical medical problems. That is curious. How does that immediately add more specialists to interpret the findings of our modern medical machines? That's where the bottleneck occurs. Hire American companies to do the work? How does partial privatization suddenly solve the problem of needing more family doctors in outlying regions? What it does do is divide the benefits for both doctors and patients more unevenly. Those with the money get faster treatment; those who offer that service receive whatever remuneration the traffic will bear.

This creature might do another poll, as was done recently in what was said to be an impartial survey which claims that 86 per cent of Canadians are satisfied with their medical treatment. How confused it would be if it had overheard a conversation between a summer visitor and me at our hospital's emergency department. This irate woman declared loudly that, at her hospital outside of Toronto, she would never have to wait five hours for treatment for some minor problem. I asked her if the population in her area tripled during the summer. "Of course not," she answered, "we are not a tourist area." I said no more, but hoped she would draw the obvious conclusions. More likely she will have another story to tell all who listen about our so-called broken-down medical system.

Canadians would confuse our alien listener after it zoned in on various Western medical systems. It would probably conclude that we just don't know how lucky we are.



marion hare

perspectives

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'00, '01, '03

Running with the bull

The other day my wife came home from a day-long shopping excursion several seconds earlier than legally required. "Did the stores run out of provisions?" I asked cautiously, as she stepped out of the car.

"No," she replied, obviously uneasy at the thought of a world with nothing left to buy.

"You've finally grown tired of shopping then?" I said, hoping against all hope.

"Heavens no!" she giggled. "What would make you think that?"

I quickly pointed to a small area between the passenger headrest and the dome light where I could clearly see several cubic inches of unused cargo space. Three pencils or several strips of compressed bacon could have easily fit there. Yet, the spot remained uncharacteristically unfilled.

"Oh, that," she said. "The kids have to breath you know."

Sure enough, there were two bewildered kids in the car, compressed beneath several tons of hastily purchased booty. You don't know how relieved I was when I saw one little finger wiggle and heard the muffled cry of "Hello dad."

"Are you all right?" I queried, after we dug them out, twenty minutes later.

"Yes," replied Ryan excitedly, "mom left air holes this time and, besides, we've got new running shoes."

I looked down at my son's feet, and sure enough he was wearing a

brand new pair of sneakers. Suddenly, I understood why he and my daughter stubbornly clung to life through the whole shopping ordeal.

Ah, new running shoes - the very thought of them brought back memories of old land-speed records and furious, random sprints for no apparent reason.

Though rarely spoken of now, back in my day it was clearly understood that there was a co-relation between the newness of the running shoe and the speed of the kid. Musculature, coordination, reflexes and incentive had absolutely nothing to do with it - no sir, it was all about the freshness of the running shoe.

A new pair of Northstars, for instance, could automatically increase your top cruising speed by approximately 100 miles per hour or so. Adidas, with the proper tail wind, could help you create a sonic boom. When we were kids, this kind of thing was pretty well common knowledge.

Few youngsters today, though, understand the true value of new running shoes. Perhaps that's because, with Nintendo, X-box, and computers doing it for them, they have no real need to run from monsters, bullies, sisters with gum in their hair, or anything else even remotely educational. Now shoes merely need to be comfortable enough to put up on the coffee table or walk to the fridge.

Understand that "becoming the cheetah" wasn't nearly as easy as slipping into a new pair of running shoes - you had to figure out the laces too. This, of course, was the pre-pubescent equivalent of rocket science. If you were lucky, there was one nerd in the group who actually paid attention in kindergarten. This young genius had the technology to tie knots that would last for several steps before mysteriously unfurling and tripping you up in mid-stride. I'm still not sure what made him mysteriously unfurl and trip you up in mid-stride, but that he did. Suffice it to say, he was not at all popular.

If, however, he was still stuffed in some locker for your inaugural run, you'd tie a freestyle knot, which basically consisted of tangling your laces until you ran out of material. This was the primary reason we slept with our shoes on. It was not, as we maintained, to be ready at a moment's notice to repel an enemy invasion.

Regardless, having solved the lace conundrum, you'd half-walk-half-bounce over to your friends to show off your new runners. Immediately, they'd take notice of the pristine white surfaces, temporarily free of grass stains, and they'd stand in awe of the treads, which you'd imprint in the nearest mud, generally on somebody's forehead.

The final step would be the sprint. Suddenly, and without warning you'd dash off across the park with the wind whistling through your hair. In fact, the reason that so many of my contemporaries and I have so little hair is that we wore most of it off while pulling this sort of stunt. As you can tell, I was a real speed demon.

But it was worth it. There'd be this one magical moment when you'd look back at your cheering pals and note how impressed they were at your blinding acceleration and your abrupt, almost instantaneous stop. Then, as they'd all gather round to peel you off the telephone pole, they'd just look at your new shoes and marvel.

Nowadays, though, new runners aren't imbued with that speed. I suspect this is at the behest of hydro pole manufacturers. About a year ago, I bought a pair and had a hard time catching a box turtle. To be fair, it had a three-step lead.

But that's no big deal. Runners, after all, are a part of my past. These days, I much prefer loafers.

Tales from



steve
galea

Vinegar Hill



pic of the past

Strike up the band! It was all about music, music, music for the Haliburton County Band, sponsored by Legion Branch 129. This great old photo, which belongs to Doris Wheeler, features many familiar faces and some not-so-famous. In fact, not all the people in the photo have been identified, so if you know who some of them are, maybe you can give *The Echo* a call. Here's what we do know: (back row, from left) Berkley Feir, Creighton Feir, Scott La Rue, unknown, Norm Harrison, unknown, Len Salvatori, Percy Brintnell, 'Slim' Brandon, Glen Austin; (front row, from left) Gordon Griffin, unknown, Doris Wheeler, Earle Casey, unknown, Frank McIntyre, Ron Roberts, Lois Emmerson and George Wheeler.

letters to the editor

911 signs must have uniformity

To the Editor:

I disagree with the opinion, expressed in the editorial of September 28, that property owners in the villages of Haliburton and Minden should be allowed to put up 911 number signs in almost any fashion they choose.

More than 20,000 property owners in the county were not given this option for good reason: for a 911 signage system to be effective the signs must be uniform in size and colour, and be reflective.

I also disagree with your statement that the emergency services personnel in other communities must be a lot smarter than their Haliburton counterparts. Drive along streets, day or night, in towns and cities that do not have uniform number sign regulations and you will find most signs illegible from the street, even if street and home lighting are present. The place is found, but at what cost in response time?

Meanwhile, as county council debates the issue, the Haliburton BIA has engaged S&S Signs of Eagle Lake to produce uniform number signs for the businesses in the village. These oval, two

layer signs are economical and attractive. They include a gold accent border, reflective numbers and, unfortunately, a green background. (Unfortunate because it should be blue to be consistent with our 911 program. It needn't be reflective and could be a "heritage" blue.)

The quoted cost of \$7 per sign at the council meeting is misleading; \$7.00 covers only the sign blade. The actual cost per sign including post, hardware and installation is closer to \$40. These signs were provided to all property owners, except those in the villages, at no direct cost.

The county should establish a standard sign, such as the one S&S is doing for the BIA, that is appropriate to the character of our villages, with a blue background and white reflective numbers. The county should supply and pay for these signs, just as it did for every other taxpayer in the county.

Robert denBoer
denSign Inc.
Haliburton

Putting gallery up on a hill 'just won't do'

To the Editor:

People who write letters to editors are usually "shocked" and/or "appalled", but the thought of one of the few remaining historic buildings so positioned really is dismaying if not shocking.

There must be a better solution to the problems of the basement at the Rails End Gallery.

Could not storage space be built on the back of

the old building taking care to match both parts? I heartily endorse the editorial (Sept. 14) and Dave Bishop's letter. I hope the committee will reconsider. The hill solution just won't do.

Tom Hodgson,
Oshawa

MORE LETTERS on page 8

Boonieville by Charlie Teljeur



Impact of asphalt plant not 'minimal'

No need or justification for a permanent plant in the Irondale area

To the Editor:

I would like to shed light on comments made by Mrs. Pantridge in her letter to the Editor, printed on September 21, 2004.

1. I wrote a letter to the newspaper and Highlands East Council in reply to Mrs. Pantridge's first letter. I never wrote that I was sending you a letter and any discrepancy with regards to this can be addressed to the editor of the newspaper.
2. I am not anti-asphalt and I am not an extremist. I am a holistic practitioner; I work out of hospitals, churches and people's homes to assist in their healing process. I care about the health and wellbeing of the area and its residents. Yes, we need roads. Roads can and are built with asphalt coming from plants temporarily located near road projects, for the duration of the project.
3. Regrettably, your "not in my backyard argument" holds no "ground." If we use asphalt plants in temporary locations as provided under Ministry of Transport Act, rather than one in a central location, we all bear the temporary burden of a plant and we minimize the environmental and health impact. Logic dictates we let asphalt plants be temporarily located where the asphalt projects are and not right beside an area that is on a list to be designated as a provincially significant wetlands!
4. I noticed this time Mrs. Pantridge did not indicate her maiden name (Simmons.) I understand three members of her family have definite

financial interest and gain if Royel (Beamish) gets an asphalt plant into Irondale. She is placing the interests of her family first, at the expense of the entire surrounding community's greater interest and health. Royal and Beamish told us not to expect jobs at the plant.

5. For all her knowledge about asphalt plants, she conveniently fails to make any distinction between using portable asphalt plants at a temporary or at a permanent location.
6. I am amazed that she considers 3,500 people signing several petitions stating their opposition on this issue as "a few local people". Make no mistake, this plant will not only have an impact on Irondale; it will affect all other surrounding areas.
9. Even when governments reach decisions, we later realize that they may not necessarily be the best ones, i.e. selling Bark Lake, closing Leslie Frost Centre, etc. In fact, past governments have allowed asbestos to be used in schools and subway tunnels. We are now seeing the impact of that decision i.e. asbestos-linked cancers (mesothelioma). I provide pain management treatments to people afflicted with this horrible, painful illness from which there is no survivor.

Wonderful events are unfolding in the Irondale/Kinmount area, as follows:

1. A medical centre has been established in recent years.
2. We are **privileged** to have **not one, but two physicians, a medical student and a specialist**, who have chosen to practice out of Kinmount!
3. People are moving to the Irondale/Kinmount area who practice healing modalities;

4. This past Spring, the Haliburton Highlands had its first non-profit fundraising Health Fair;
5. The Universal Workers Union has conveyed to Highlands East Council that they are seriously interested in purchasing Bark Lake and turning the Leadership Centre into a facility for disabled children as part of their charity;
6. A non-profit Healing Arts Centre will be established in the Irondale area in the near future.

Let's stop darting issues; since the beginning, I have asked two main questions:

a) Why do we need an asphalt plant on a sustained basis in Irondale? There are no road projects in Irondale.

b) If asphalt plants are so innocuous, why have Minden Hills and Algonquin Highlands amended their bylaws to make permanent asphalt plants illegal in their jurisdiction? Could it be they know something more about asphalt plants?

I have volunteered my time and healing modality skills to benefit several local individuals and organizations as fundraisers this past spring and summer. I have already confirmed to local health and church organizations that I will be providing healing modality services on a fundraiser basis for their organizations as of next Spring. Yes, I have a vested interest in the area as I see a lot of beautiful growth coming to the area in the near future.

I look so forward to being a part of this growth because I love the Highlands and its inhabitants.

Joanne Nicks
Irondale

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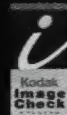
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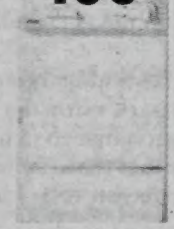


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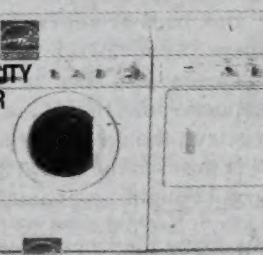
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First response team offers fast emergency care to Highlands East citizens

To the Editor:

This is in response to the article "Highlands East wants ambulance of its own" dated Sept. 21/04

There are two issues here. It would be wonderful to have our own ambulance service but I imagine we will end up paying for the salaries, maintenance and set up *d e a r l y* through our taxes. The figure quoted in the article was \$2.6 million and that is without a new base. I can't imagine that our volunteer fire department first response costs that much even with our biggest recent expense, a full time fire chief.

The ambulance supplies most of our first aid equipment. We don't get a salary ... so Reeve Keith Tallman, council and Fire Chief Don Middleton what is it that you are paying twice for? As a matter of fact Highlands East is paid by Dysart for every call made to Harcourt Township.

Our first response team in Ward 4 (Monmouth), and I'm sure all of the

teams in Highlands East, are invaluable to their community and the people of Harcourt Township. Who is going to get up at 2:00 a.m. on a cold, blizzarding night to search for and rescue men who are lost, fell through the ice and are freezing to death? Who would spend hours in a bug-infested forest rescuing a young person with a broken neck? Who will attempt to revive a heart patient while waiting for the ambulance? And who would do all this as a volunteer?

In the past few years at least three persons of this community probably would not have survived if they had to wait for the 20-30 minutes for an ambulance. Your volunteer fire fighters and their first response team are invaluable to you.

Reeve Tallman, Councillor Rick Forget and Mr. Middleton, how much does it cost to save just one person's life??

Jane Underwood,
Volunteer firefighter,
Highlands East



Highlands East council members have said the eastern area of the county needs an ambulance of its own, but one volunteer firefighter disputes that view

Dysart firefighters earn praise as community's unsung heroes

To the Editor:

Last Monday there was a fire at the North end of Drag Lake. The call was made about 1 p.m. which goes to a dispatcher out of the County. It was taken by a very personable and professional woman who asked short and to the point questions. Within seconds the local dispatcher called back and put a firefighter on the line to ascertain the approximate size and the exact location of the fire.

Now in an emergency, when waiting for help, one minute seems like an hour. The first team arrived within 10 minutes and launched their boat, and the rest started to arrive shortly thereafter.

When they arrived at the fire site, they realised that the fire was spreading away from them and up the hill.

Due to the configuration of the land, they had to fight their way through the fire to get ahead of it, which they did without hesitation, although at the cost of a couple of hoses and one injured firefighter.

Have you ever tried to walk in a straight line in Haliburton? Imagine trying to do it dragging a hose, and fighting a fire at the same time. All the equipment and the pumps had to be transported to the site by boat.

They fought this fire all afternoon, and finally got it under control just before dark.

Miles Maughan, the fire chief, was back at the site shortly after 7 a.m. the next



Dysart firefighter Dan Chumbley at a practice session

morning to check for hot spots and called in several more people to put them out.

These people are certainly to be commended as is Miles for having a well-drilled team.

I don't know what their compensation is, if any, but whatever it is, it is not enough; there is no compensation high enough for these dedicated people.

Remember this is a volunteer force.

When they receive a call, they leave their jobs, close their business – whatever is required -- and respond to the community's needs. In most cases their pay stops when they leave, and stores are shut with the loss of revenue. In many cases they must get babysitters, make arrangements for children to be picked up, as well as many other things.

Then they go out and risk their lives for the community!

One sees medals being awarded to writers and artists; well, the firefighters are the certainly the true heroes of Haliburton County.

I would like to see *The Echo* do a spread on them, with a picture and a profile on each and every one of them.

Bill Beatty,
Drag Lake

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Liane MacDuff & Crew	Municipality of Dysart
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And to Rachel's Bakery, Master's Bookstore, and
My Crazy Aunt's Attic for their patience.

Anthony & Juliane vanLieshout

Red Hawks fly over Rams

HHSS senior boys football team win home opener

DARREN LUM

Staff Reporter

HHSS 23
KSS 0

The Red Hawks defensive coach guarantees a place in the playoffs after a dominating performance in the home opener.

In front of a boisterous crowd the senior boys football team beat the Kenner Rams 23-0 in the team's home opener on Friday, Oct. 1.

"This game basically guaranteed us. We'll be sitting here on Nov. 2 for a playoff game so that's exciting," said Derek Little.

The Red Hawks started well on their opening offensive drive, moving the ball through the air and on the ground, but were unable to score despite ending deep in the Rams' end. After the Rams failed to get a first down the Red Hawks' special teams started the scoring by tackling the kicker in the end zone for a two-point safety.

On the very next drive Red Hawks' returner Kieran Gillooly broke a 40-yard run to give the team great field position on their second drive of the game deep in the Rams' end. Red Hawks' running back Matt Roberts would follow up the strong return with a big gain. On the very next play Gillooly would run it up the middle to add to the lead 8-0. The convert was good 9-0 and the Red Hawks never

looked back. HHSS turnovers were kept to a minimum as the Red Hawks gave it away twice—the first time after the second half. Conversely the Rams turned the ball over three times with one of these being a forced one by the Red Hawks on the three yard line.

New to the coaching staff is HHSS principal Gary Brohman who returned to his coaching duties after a one-year absence. Brohman has 32 years of coaching experience.

"I missed it so much last year. My heart is on the football field," Brohman said. He was asked to coach the offense and help with special teams by the coaching staff.

Tim Davies will assume the overall coaching duties, including special teams.

Brohman adds coaching the boys was what brought him back to the team.

"The secret to our success this year is that if our Grade 12 players play up to their capabilities they'll bring the Grade 11s along. We'll do fine," he said.

Despite the shutout the team can still improve, said coach Derek Little.

"Some mental mistakes. It's excitement. It's home opener. There's all these people here. The guys are nervous and jumpy. It shows," Little said.

"Next week is big goal, two games. We've got to buckle up," he said.

Notable players in the game were Dave Balaski, Gillooly and Jesse Johnson.



DARREN LUM/ECHO

Red Hawks running back goes to the air, avoiding a Kenner Rams player.



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Saturday October 9th, 2004

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The Corporation of the County of Haliburton in cooperation with the Township of Algonquin Highlands Township of Dysart et al Municipality of Highlands East and the Township of Minden Hills have completed the 2004-2005 **Joint Accessibility Plan**

The plan provides the basis for the ongoing identification, removal and prevention of various barriers to accessibility relating to County and municipally owned structures and services.

The 2004-2005 Joint Accessibility Plan will be made available for public viewing at the Libraries, County and Township offices throughout the County. It can also be viewed online on the County website at www.county.haliburton.on.ca following the links to Municipal/Administration/Joint Accessibility.

If you require further information regarding the Joint Accessibility Plan, please contact:

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Red Hawks basketball continue winning ways

DARREN LUM

Staff Reporter

HHSS 54
STA 26

The verdict is still out on the HHSS senior girls' basketball team.

So far the Red Hawks have dominated their competition, but have yet to play any strong teams said head coach Roland Zilla.

The visiting team from St. Thomas Aquinas was not a match for the stronger, faster and more aggressive Red Hawks, losing by a 28-point margin.

After a close first quarter when both teams struggled from the field, the Red Hawks solidified their lead with a nine-point run, widening the gap to a 14-point lead with less than two minutes in the first half, 22-8.

The visitors looked to jump back into the game when they drained a long three-pointer, narrowing the gap slightly to nine-points. Two plays later Red Hawks' Cassidy Zilla responded with four points, bringing the lead to 13-points.

As the game wore on the Red Hawks cruised to an easy win, 54-26,

Even with very little challenge thus far in the season Zilla likes his team.

"I'm impressed with how they're playing. The team attitude, moral and how they're working together. There are no qualms over playing time. Everyone knows their role," Zilla said.

Despite the unblemished record 6 - 0 (including exhibition and season games) the coach is aware of the team's weak-



DARREN LUM/Echo

Red Hawks' Cassidy Zilla applies the full court press in the first quarter against visiting St Thomas Aquinas Zilla and the Red Hawks are poised for success

nesses.

"Offensively we have to finish. We're missing a lot of easy layup shots," Zilla said. "You can run any offense you want, but if you don't finish the play it hurts...that's the key thing with us."

He adds that much of that comes with hesitancy and was less of a problem when his players were in a rhythm.

Zilla emphasizes that success this year is a bonus, adding to the future success of the team.

"We're building to the next year team. If everything is going the way it's supposed to go because we have nine of those girls back [next year]," Zilla said. "Next year is the year we're looking forward to."

Red Hawks' forward Kirsten Rae led all scorers in the game with 14 points, scoring down the stretch by netting 10 points in the fourth quarter.

Note: story was filed prior to the team's weekend games(Oct. 2 -3).

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Youth run down glory



J. Douglas Hodgson Elementary School hosted the annual Trillium Lakelands School Board Cross-country meet on Thursday, Sept. 30. There were more than 200 participants competing in the event, coming from the county and from Bancroft, including Stuart Baker Elementary School, Archie Stouffer Elementary School, Wilberforce Elementary School, J. Douglas Hodgson Elementary School, Bird's Creek Elementary, and Our Lady of Mercy.

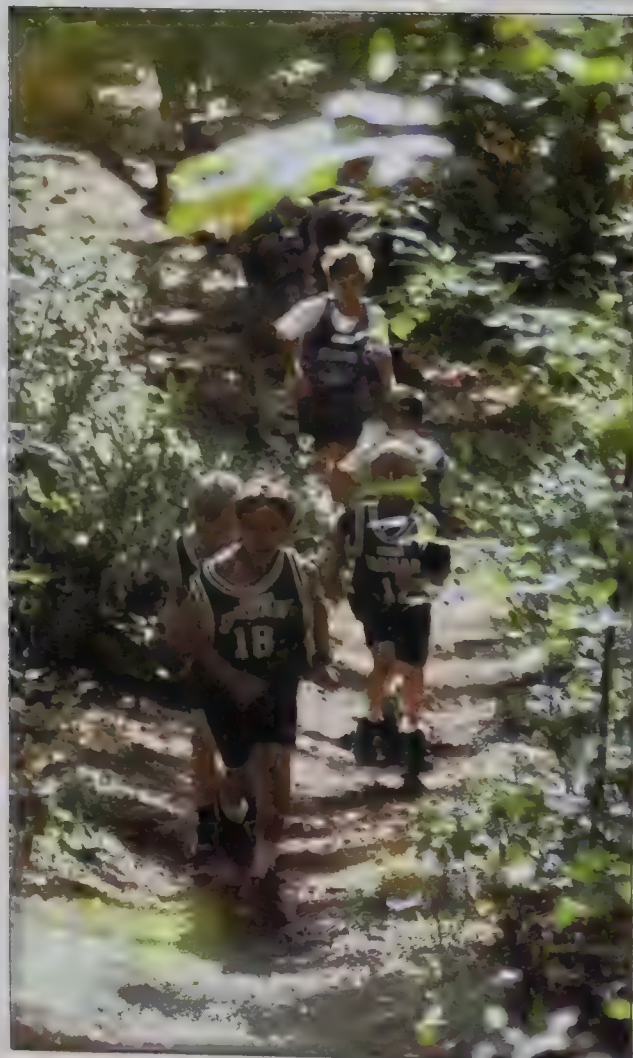
Top: JDHES coach Blake Paton gives a pre-race talk to the team.

Right: Seven-year-old Robbie Mulley and Stan Riley, 7, chase each other around the field before their race.

Bottom right: JDHES runners lead the pack at the start of the steepest part of the course.

Below: SBES runners took the top six places in the primary division.

Left: A fan extends his hand to a JDHES runner.



Top five placings

Primary (8 and under) boys: Preston Roberts, SBES; Thomas Paul, SBES; Felix Schur, SBES; Dell Meyers, SBES; Connor Bird, SBES; William Stephenson, SBES.

girls: Whitney McDuff, SBES; Alex Litwin, ASES; Indigo Moran, SBES; Stephanie Walker, ASES; Charlene Hicks, ASES.

Junior (10 and under) boys: Cole Rowden, JDHES; Mackenzie Reinhart, OLOM; Andrew Murray, JDHES; Jonathan Rae, JDHES; Jared Dicky, BCES.

girls: Briggita Hicks, JDHES; Megan Allore, ASES; Ali Hicks, JDHES; Hannah Reinhart, OLOM; Brooke Saunders, ASES.

Intermediate (11/12) boys: Tom Fitzgerald, OLOM; Zach Metzger, OLOM; Drew Paul, JDHES; Scott Griffith, JDHES; Alex Monk-Cray, ASES.

girls: Kaitlin Allore, ASES; Marcie Dick, ASES; Lindsey Dunn, ASES; Erica Macmartin, ASES; Paige Roberts, JDHES.

Note SBES runners Indigo Moran, Whitney MacDuff, Brynn Meyers, Jillian Hawley, Tanisha Gordon, Thomas Paul, Felix Schur, Devon Upton, D.J. Kay, Dellon Meyers, Connor Bird, Taylor Rowbotham and Sam Tyler were not added to the team list last week.



Photos by Darren Lum

Senior (13+) boys:

Blake Patterson, JDHES; Kevin Fitzgerald, OLOM; Daniel Wright, JDHES; Alex Purnell, JDHES; Josh Wright, JDHES.

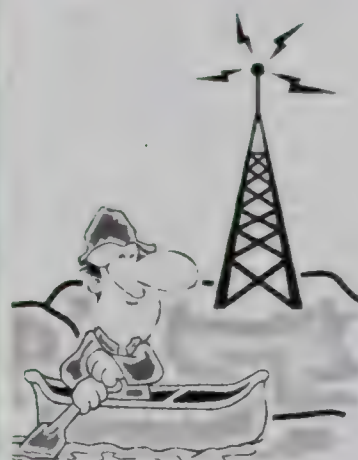
Senior (13+) girls:

Christiah Walker, ASES; Machenzie Neumann, JDHES; Maddie Ferricuti, JDHES; Katelyn Meharrie, CES; Rachel Burk, JDHES.

HHSS Athletic Program schedule

October 4 Girls Rugby: HHSS@PCVS 3 p.m.	October 6 Jr Girls Basketball: IEW@HHSS 3:30 p.m.
October 5 Jr Boys Football: HHSS@TASSS 1 p.m. Sr Boys Football: HHSS@TASSS 3 p.m.	October 7 Sr Boys Soccer: STA@HHSS 3 p.m. Girls Rugby: HHSS@FFSS 3 p.m.
October 8 Jr Boys Basketball: HHSS@FFSS 3 p.m. Sr Boys Basketball: HHSS@FFSS 4 p.m.	October 12 Sr Boys Soccer HHSS@LCVI 3 p.m. Jr Boys Soccer HHSS@FFSS 2:30 p.m. Jr Girls Basketball HHSS@IEW 3 p.m. Girls Rugby COSSA@Trenton

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Red Hawks fall:

Red Hawks senior forward Benton Brown can't break through the LCVI Spartans defense. Brown and Red Hawks were unable to add to the lone goal scored in the first quarter by Rasmus Juergensen. Red Hawks lost 3-1. HHSS remain winless in their 2004 campaign.



DARREN LUM/Echo

Form for the YWCA Act of Kindness Campaign

*Acknowledging the International
YWCA Week Without Violence
Campaign October 17th to 23rd*

Describe below the act of kindness you gave or received this month and

**put this in the designated box at the
IGA in Minden or Haliburton
between October 1st and 11th.**

Or drop it off at the YWCA office. You may also copy this form. (No names please.)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Your Haliburton Act of Kindness may be selected for reading on Canoe FM or printed in local media and in YWCA publications such as Changes.

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ANNOUNCEMENT

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County By-Law No 2946 states that anyone who knowingly interferes with 911 signage is guilty of an offence and subject to a fine of \$500.

The ability of the 911 system to meet the needs of our citizens depends on all signs being in place and in good order. If you know of any such signs that are missing or damaged, please report the problem to the 911 Project Team at (705) 286-2306.

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FLU SHOT CLINICS

Haliburton Family Medical Centre

**will be holding flu shot clinics at
Haliburton Royal Canadian Legion
on Tuesday, October 19, 2004
12:00 p.m. to 4:00 p.m.**

**Monmouth Medical Centre,
Wilberforce
on Thursday, November 11, 2004
12:00 p.m. to 3:00 p.m.**

Red Hawks ruggers learn hard lesson



DARREN LUM/Echo

The Red Hawks showed glimpses of offensive greatness. They couldn't string together a strong sequence of plays to break the shutout though. St. Peters won 15-0.

HHSS 0

SPSS 15

The women's varsity rugby team is looking to their next game after a forgettable performance against visiting St. Peters last week.

After a strong performance in their home opener the Red Hawks looked to continue their strong play at home, but were shutout 15-0. They were unable to break across the midfield against St. Peters during the game and never showed any threat to score.

St. Peters kept the ball deep in the Red Hawks zone, but was unable to score until the second half due to strong tackling by HHSS and their own inability.

Despite losing their scrum half Kasia Siek to a knee injury in the early going of the game the Red Hawks maintained their composure, keeping the game close. Scrum half replacement Ginnie Foulds played strongly on both offense and defense for the Red Hawks.

Head coach Colin Matthew had expected a repeat performance of their home opener, but felt the team came up short.

"The girls who are leaders are demonstrating leadership...that's the biggest positive from the game," head coach Matthew said. "The girls I expect to leading are leading. Chandal Sutherland and Jaimie Pettes."

"Those are our two captains. They're warriors. They've both been hurt and haven't come out of any games. They're battling and staying positive," Matthew adds.

He adds the tackling is coming along and showed with several goal line stands during the first half. Notable play in the first half was by Red Hawks winger Katie Kellestine who made a try saving tackle. She sustained a minor injury on the play and left the game.

"That tackle was awesome," he said.



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ZION (Carnarvon) 9:00am
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Minden 11:00am

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HALIBURTON PASTORAL CHARGE

Ingoldsby 8:30am
Lochlin 10:00am
Haliburton 11:15am

Rev. Harold Morgan, BA, M. Div.
457-1891

Haliburton Christian Outreach presents Teen Net from Faith Family Church

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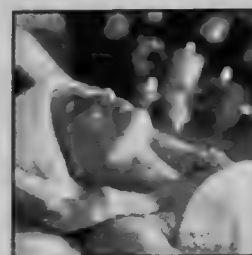
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Joel Grant catches 103 fish in Lake Wilbermere derby

TERI STRAIN

Special to the Echo

The Lake Wilbermere Land Owners' Association held its eleventh annual fish derby and barbecue on Saturday, August 21.

Participants were thrilled with the unusually (for this past summer) clear and pleasant weather.

The anglers consisted of 15 enthusiastic children and adults, each hoping for "the big catch."

Following the official weigh-in, families and friends converged at the Jordens' property, socializing over a scrumptious meal of corn on the cob, hotdogs, snacks and beverages. Thirty-six people in all enjoyed the hospitality and company.

The awards presentation recognized the following fish derby winners:

Children's division (under 16 years of age):

• Largest fish: Travis MacDonald - 5 and a half pounds;

• Smallest fish (tie): Willie McReynolds and Taylor Clysdale - 4 and a half inches;

• Most fish: Joel Grant - 103 fish.

Adults' division:

• Largest fish: Jim Chambers - 7 pounds;

• Smallest fish: David Jordens - 5 inches.

All in attendance at the barbecue received a door prize, leaving no one empty handed at the close of this fun filled event!

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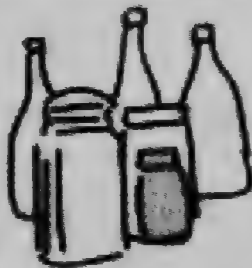


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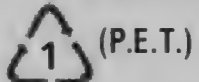


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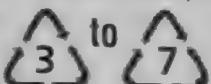
Antifreeze, windshield washer, milk, fabric softener & bleach bottles, etc.

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Margarine, ice cream, yogurt, ketchup, peanut butter, shampoo bottles, etc.



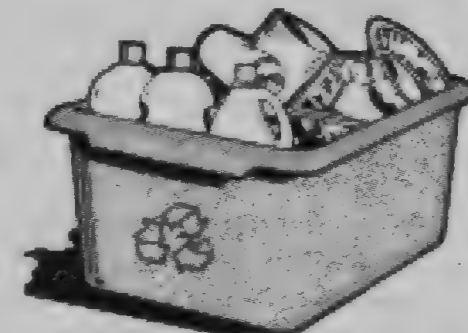
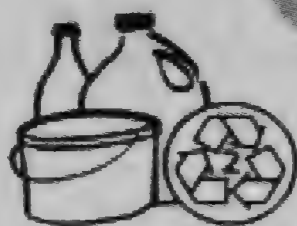
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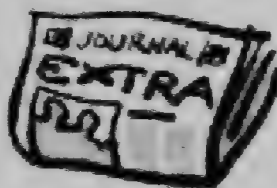
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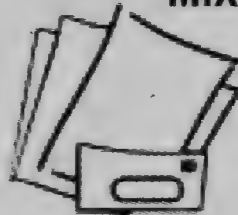
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Do Not include Hardcover Books



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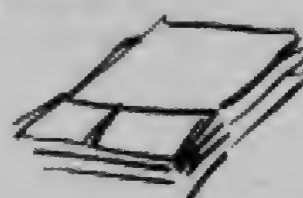
Grocery bags, store bags



BOXBOARD

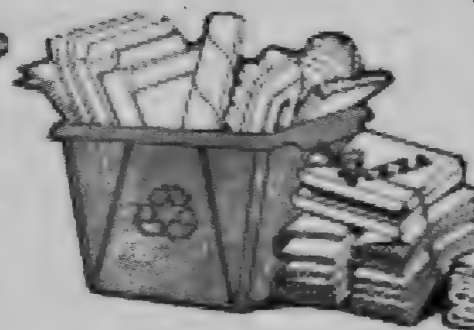
Cereal boxes, detergent boxes, shoe boxes, paper towels and cardboard tubes.

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BOXES MUST BE FLATTENED

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small appliances, pots, pans, machinery, metal roofing, pipe, metal furniture, bikes, lawn mowers, etc. Oil tanks (cut in half).

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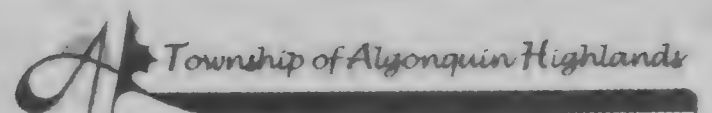
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Twenty-one medals for Kai Shin

Where were double gold medals for Kyle Seabrooke at Kai Shin Karate's third annual tournament at the Haliburton Legion on Sunday, Sept. 26.

Participants came from Bolton, Combermere, Peterborough, Toronto and Trenton. A great day was had by all.

As a new black belt, Sensi Gord Seabrooke enjoyed his first tournament as a judge and had the honour of placing one of son Kyle's gold medals around his neck.

Other double medal winners of the day were Caleb Snow with a first place in Kata and third in Sparring. Bobby Thompson in his first tournament won second place in Kata and first in Sparring. Vicky Bukta came third in Kata and second in Sparring. Rob Jones had a great day with a first in Kata and third in Sparring.

Brother and sister team Amanda and Steven Alexander combined for four medals. Amanda won second in Kata and first in Sparring while her brother Steven was third in Kata and second in Sparring.

Other medal winners were, Paul Thompson, also in his first tournament, who won a third in Sparring. Brad Tripp won third in Kata and Scott Kokkanen claimed a second place finish in his Kata. Shawn Pristol won third place for Kata, Kaily Sohell won third in Sparring. Brian McNeil won third in Sparring and also volunteered his time to register all participants and spectators upon arrival. Garnet Grexton sorted all the paper-



Sensi Gord Seabrooke gives son Kyle one of his two gold medals.

work.

Mary-Anne Grech may be tiny but she was mighty in Sparring as she claimed second place against an all-male contingent.

Sensi Mike Chapman would like to thank all our helpers with Special thanks to Sonya Paterson from

"Sonyas' Landscape Designs" for jumping in and running the food and beverage tables.

The next tournament is Oct. 24th when the club will travel to Bolton. Good luck to all.

If you are interested in giving Karate a try call Sensi Mike Chapman at 457-3616.

Hike Haliburton school challenge encourages students to take a hike

HEALTH UNIT

Special to the Echo

Students who usually exercise their minds at area schools are now being challenged to give their feet a workout.

The Hike Haliburton School Challenge is asking students across the county to take to the trails during the week of October 8 to 15. The goal is to help them become more physically active, while giving them the chance to earn bragging rights among local schools by covering the most ground.

The school challenge is part of the second annual Hiking Festival being organized by Health for Life and the Haliburton Highlands Trails and Tours Network.

"Many young people need to become more active, and this is one way that schools can help put them on the path towards becoming healthier individuals," says Anne-Marie Cyr, a Public Health Nurse with the Haliburton, Kawartha, Pine Ridge District Health Unit.

Cyr encourages classrooms to go the distance in the school challenge. Since there are 165 kilometres of hiking trails in Haliburton County, she urges individual classrooms to walk that distance in five days.

"It's a 165-km hike with a twist," says Cyr.

Organizers of the school challenge estimate 15 minutes of walking equals one kilometre. Twenty-five students walking for 30 minutes per day would then add up to 50 km. That means the average classroom walking for 20 to 30 minutes per day could easily meet the 165-km target in five days, says Cyr.

All classrooms that meet the target will be eligible for a draw to receive a free lunch. Schools that have more than half of their classrooms meeting the target will receive a Hike Haliburton Trophy. Thanks to Kellogg's, the first 15 classrooms that sign up for the School Challenge will also receive step counters for every student.

Classrooms can sign up for the Hike Haliburton School Challenge by calling the Health Unit at (705) 457-1391.



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MARTHA PERKINS Echo

Campus opens with fanfare

Members of Highlands Brass entertained the crowd that arrived for the official opening of the new Sir Sandford Fleming College campus in Glebe Park on Friday afternoon. Although the final touches to the building are not yet finished the school opened after Labour Day. Arts certificate programs and the eco-tourism program are fully underway. The Haliburton County Echo and the Minder Times will be publishing an eight page supplement on the college in upcoming editions.



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Thanksgiving

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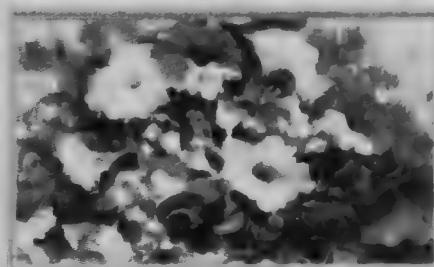
or phone 286-1556

LOCATION "N"

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Weekend)

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705-457-2878

LOCATION



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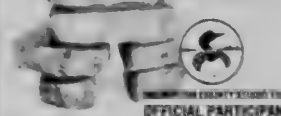
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School board wants to attract young families to the district

from page 1

lation."

Hill suggested that Trillium Lakelands is losing its market share of students and that the board must search out a new market.

"We want to encourage people who are interested in leaving the GTA for a better lifestyle for their young families, to enroll their children in our schools. We have safe schools, excellent teachers and administrators, and caring communities.

"We also want to persuade foreign students to come to our area for an excellent educational experience," he added.

"What better place for foreign students to experience Canada than within the jurisdiction of TLDSB?"

The director also noted that he wants principals to find out why people are making education choices that do not include Trillium Lakelands District schools.

Trustees showed concern over the lack of affordable housing in all areas of the board, particularly in the Muskoka area.

It was felt that there is a need to develop partnerships with each of the municipalities within the board's jurisdiction to cooperatively address strategies which would attract young families to our area.



MARTHA PERKINS/Echo

A delicious way to say thanks

Almost 200 volunteers were treated to a delicious roast beef dinner prepared by Caleb's Meadow at the Haliburton Legion recently as a way of being shown that their efforts are appreciated by Haliburton Highlands Health Services. This annual dinner highlights the important role that volunteers play in delivering health services in the county. Everyone was entertained by Keith and Brian Moore and their band Minor Details, with Stan Russell.

Better Health Care for Canadians: A 10-year plan

Working together, the Prime Minister, Premiers and Territorial leaders have signed a 10-year plan, supported by \$41 billion in new federal funding, that will lead to better health care for Canadians.

Better Health Care

- ✓ **Reduce waiting times**
 - Improve access so that Canadians don't wait as long for key tests, treatments and surgeries
- ✓ **More Doctors, Nurses and other Health Professionals**
 - Plans to train and hire more health professionals while also developing faster accreditation for foreign-trained health professionals
- ✓ **Expand home care**
 - Provide better support for people being cared for or recovering at home
- ✓ **Improve access to family and community care**
 - Increase 24/7 access to doctors, nurses and other health professionals
- ✓ **Better Access to Needed Medicines**
 - A commitment to manage drug costs and ensure that no family is forced to choose between needed medicines and financial ruin
- ✓ **Improved Aboriginal Health**
 - New investments and better planning to close the gap between Aboriginals and other Canadians in terms of health

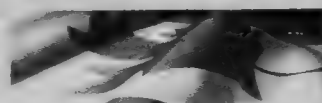
Shorter Waiting Times

The federal, provincial and territorial governments have committed to report clearly on the progress we are making in health care and, for the first time will report on progress in reducing waiting times.

- ✓ **Comparable indicators ... so we can measure**
 - Federal, provincial and territorial governments will use comparable information to report their progress in improving access to doctors, and to diagnostic and treatment procedures
- ✓ **Benchmarks ... so we know what we are striving for**
 - Federal, provincial and territorial governments will set medically acceptable waiting times – based on advice from medical experts – starting with cancer, heart disease, diagnostic imaging, joint replacement, and sight restoration
- ✓ **Targets ... to drive change**
 - Provincial and territorial governments will set their own targets and report annually to citizens on progress in reducing waiting times

Canadians will see for themselves where their health care money is going and how it is making a difference.

To obtain a copy of "The 2004 Health Care 10-Year Action Plan at a Glance", call 1 800 O-Canada (1 800 622-6232) or, to see it on the web, click www.canada.gc.ca/healthplan.



Why do leaves change colour?

Thanks to the physics of sunlight striking pigments in leaves, we see various leaf colours throughout the year.

During the spring and summer, leaves are the principal site for the photosynthetic process that transforms carbon dioxide and water into carbohydrates that fuel tree growth. This food-making process takes place in numerous cells containing chlorophyll, the pigment that gives leaves their green colour.

As the days shorten and temperatures cool in the fall, the synthesis of new chlorophyll drops off, green colour disappears and

the rate of photosynthesis declines. Trees become frugal and more efficient, pulling nutrients such as nitrogen and phosphorus into twigs and branches for winter storage, further enhancing the loss of chlorophyll.

Along with chlorophyll, leaves contain yellow or orange carotenoid, the same pigment that gives carrots their familiar colour. Masked for most of the year by chlorophyll, the carotenoids reveal themselves in the fall, most noticeably as yellows and golds in the quaking aspen, Norway maple, Ohio buckeye, sycamore, birches, hick-

ories, ashes and many other tree species. The golden yellow seen in beech leaves, for example, result from the presence of tannins and carotenoid pigments.

The vivid pink, red and purple leaves seen on maples, sassafras, sumacs, white and scarlet oaks, shadbush, winged euonymus and many other woody plants are formed by reactions between various sugars and complex compounds called anthocyanidins. A mixture of red anthocyanin pigment and yellow carotene often results in the bright orange colour seen in some species of maples.

Fast facts about fall colour: fertile soil enhances the intensity of reds in leaves; the more light a leaf is exposed to, the more likely it is to turn red; weather conditions most favourable to brilliant colour are warm, sunny days followed by cool nights with temperatures below 45 degrees (but not freezing); rainy or cloudy days near "peak colouration time" will dampen the intensity of fall color by limiting photosynthesis; freezing temperatures and heavy frost can kill the brilliance of fall colour by severely injuring leaves before pigments are fully developed.

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There were smiles all around when Wilberforce Elementary School opened its doors for its annual open house on Thursday night. Six-year-old Lloyd Calfas, above, had his miniature hour glass out to let the adults know how long they could stay talking. Matthew Lawr was a good older brother as he helped his brother Ross with one of the yogurts that was on sale as a fundraiser. After the barbecue, which featured healthy snacks and water provided by the health unit, as well as a display on the importance of brushing your teeth afterwards, the parents were introduced to what their children will be learning over the next year in the classroom.

Photos by Martha Perkins

Open house

Wilberforce students invite their families into their classes to see what's been going on



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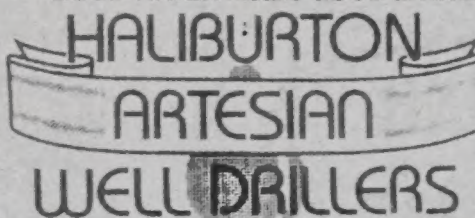
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Recipes for an Italian Thanksgiving

Everyone likes something different and it's all steaming away on the stove

FRANKA ANDRIANO

Food Writer

Thanksgiving is one of my favourite meals of the year. In our home we always do the traditional turkey, stuffing, mashed potatoes, carrots but we also have to add the pasta, the duck, ham and sometimes, now that we have some Philippino relatives, noodles. Everyone likes something different.

What is better than a crisp fall day when the leaves are crunching underfoot while inside hot steam rises from the stove with all the burners going and the aromas wafting through the kitchen. No wonder we all eat like pigs. I, for one, am not thinking of dieting that day, even though when you think about it is one the healthiest meals around if you stay away from the butter and gravy.

Here are some of my favourites.

Squash and Apple Soup

**Good source of fibre, vitamin a and potassium with almost no fat and few calories.*

2 whole acorn squashes, about 11/2 lbs each
2 tbsp. butter
1 onion, finely chopped
2 tsp freshly grated ginger or pinch of ground ginger
4 apples, peeled and diced
3/4 tsp chili powder
1/4 tsp salt
Generous pinch of cinnamon
4 cups chicken broth or bouillon

Preheat oven to 350° F. Pierce squash several times and place on a baking sheet. Bake, turning halfway through until tender when pierced with a knife, about one hour. Or microwave on high for 25-30 min.

Meanwhile melt butter in a large saucepan set over medium heat. Add onion and ginger. Cook, stirring often, until softened, about three minutes. Then stir in apples and seasoning and continue cooking for a minute or more. Add chicken broth and bring to a boil. Reduce heat to low and simmer, covered for 10 minutes.

Cut cooked squash in half. Scoop out and discard seeds. Place pulp in a food processor fitted with a metal blade. Strain apple mixture and save half cup broth to squash. Whirl until smooth. Return mixture to saucepan and add remaining broth. Heat through.

Serve with a dollop of sour cream if you wish. This actually can be made the day or two before and reheated.

Wild Rice and Pecan Stuffing

1 cup wild rice
1 3/4 quarter tsp salt
1 1/2 cups long grain rice
2 cups chicken bouillon or broth
2 tbsp butter or olive oil
4 leeks sliced
4 carrots chopped
1 crushed garlic cloves
1 tsp each of thyme and basil
1 cup toasted pecan halves
6 green onions, sliced
10-12 lb turkey
1 lemon
1 cup turkey or chicken broth

Rinse wild rice under cold running water.

Drain and place in a small saucepan. Add 2 cups water and 1/4 teaspoon salt. Bring to a boil. Then reduce heat to low and simmer, covered, until rice is just tender, about 45 to 50 minutes. Drain well.

Meanwhile, place long grain rice in small saucepan with bouillon and one tsp salt. Bring to a boil. Cover, reduce heat to low and simmer, until rice is barely tender

about 15 minutes. Combine long grain and wild rice in a large bowl. Rice will cook further in the turkey.

Heat butter in a large sauce. Add leeks, carrots and garlic. Sauté, stirring often, over medium heat until leeks are tender, about 5 minutes. Stir into cooked rice along with seasonings and remaining salt.

Coarsely chop pecans and add to rice mixture along with green onions. If making ahead cover stuffing and refrigerate. Do not stuff turkey until just before cooking.

Maple Rye Glazed Ham

8-10 lb smoked cooked ham or 5 lb boneless, smoked cooked ham
1 cup pure maple syrup
1/4 cup rye whiskey
1 cup beef broth or bouillon
2 tsp Dijon mustard

Preheat oven to 325° F. If ham has a rind, slice off and discard. Trim covering fat to one-quarter inch, and then score in a diamond pattern.

Place ham in a shallow roasting pan just big enough to hold it. Bake, uncovered, for 18-20 minutes per pound or a bone in ham or 15 minutes per pound for a boneless ham. Allow about two and a half hours for the bone in ham and 15 minutes for boneless ham.

Meanwhile, stir maple syrup with rye. About 45 minutes before the ham is finished baking, generously brush with maple mixture. To form a rich glaze, continue brushing with mixture every 15 minutes. Save any remaining glaze. Remove ham to a platter.

Skim off any fat from pan juices and discard. Add broth, dijon mustard and any remaining glaze. Stir vigorously to scrape up all browned bits from pan bottom. Pour sauce into a saucepan. Bring to a boil over medium high heat. Then reduce heat

to medium and boil gently, uncovered and stirring often, until slightly reduced from 5 to 10 minutes. Pour over sliced ham.

Ham will keep well, covered and refrigerated, for a week or more.

Nutrients per serving 2718 protein, 6.1 g fat, 5g carbohydrates, 1.2mg iron, 17 mg calcium, 1.496 mg sodium. 196 calories. 10-20 servings.

— From *Chatelaine*, April 1998

In my house there are only two of 20 people who like cranberry sauce and I am one of them so I have to make my own and bring it.

Spicy Cranberry Jam

1 1/2 pounds cranberries, about 7 cups
2 cups sugar

One jalapeno, finely julienned

Rinse and drain cranberries. Bring one and half cups water to a boil in a medium saucepan. Add cranberries, sugar and jalapeno, simmer until skins pop and mixture thickens about 15 minutes. Transfer to metal bowl to cool. Fill jars. Store in refrigerator for up to 2 weeks.

Chestnuts

There is nothing like chestnuts roasting on an open fire or an oven.

The best way to do this is preheat an oven to 400° F. Using only fresh, firm chestnuts cut an X into the fleshy side of each one. Place on a baking sheet and bake until crispy; you can tell this by the skin starting to crackle. Peel open and enjoy.

They are also tasty just raw. That's my preferred way.

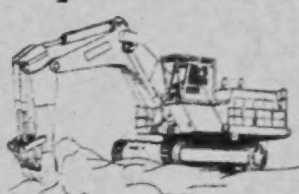
Please have a safe and happy Thanksgiving. Enjoy.

— Franka Andriano is owner of Franka's Delectables catering Service. For all your holiday entertaining needs no matter how big or small. Call 457-5276 or www.whispering-pinebbretreat.com/catering.

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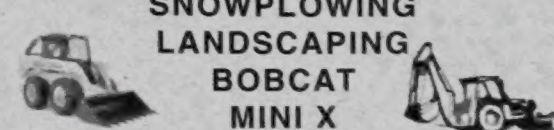
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